

Complementary Therapy



Complementary Therapy Treatments

Relax, rejuvenate and re-energise with our specially designed range of holistic therapy treatments.

Wellbeing Massage

A soothing, relaxing massage using pure warmed oils to reduce muscle tension and stress leaving you feeling totally relaxed.

Full body	£7.00
Back	£5.00

Hot Stone Back Massage

£7.00

The large muscles in the back store a lot of stress and tension. This massage using hot 'basalt' stones and warm oil promotes instant muscle relaxation.

Aromatic Stone Therapy Body

£10.00

Many cultures have used the healing properties of stones to aid health and wellbeing. Heated 'basalt' stones are placed on key energy points on the body to relax whilst the hot stones are used to massage the whole body to release muscle tension and promote relaxation.

Aromatic Stone Face & Body

£15.00

The ultimate in relaxation, includes a stone therapy body treatment and a delightful holistic facial using aromatic holistic skin care and heated basalt stones.

Four Hands Massage

£8.00

The ultimate massage experience, four expert hands follow each other to provide the most relaxing treatment, soothing tired and aching muscles.

Indian Head Massage

£5.00

A deeply relaxing massage releasing tension in the neck, shoulders, face and scalp. Helps to release headaches, sinus problems and eyestrain.

Deep Tissue Massage

£5.00-£8.00

A targeted massage treatment to reduce specific aches, pains and muscle fatigue using deep pressure techniques with therapeutic essential oils.

Dermalogica Back Blitz

£11.00

A revitalising skin treatment for smooth silky skin incorporating an invigorating salt scrub, soothing and relaxing back massage and revitalising mask.

Nourishing Body Wrap

£15.00

A treatment providing skin smoothing and softening with muscle relaxation, excellent for dry skin. Includes a relaxing massage with therapeutic essential oils.

Reflexology

£8.00

Treat the feet to heal the whole person. Relaxing pressure point massage to relax the whole body setting in motion the body's own healing mechanisms restoring a healthy balance.

Holistic Facial

£7.00

Skin smoothing and softening combined with a pressure point facial massage and de-stress scalp treatment, includes revitalising mask. Improves the appearance of the skin and relaxes tension in the neck and shoulders.

Hopi Ear Candling

£10.00

A gentle and relaxing natural ancient therapy used by the Hopi Indians, treats ear conditions and sinus problems. This treatment includes the holistic facial.

Clinical Aromatherapy

A bespoke mix of essential oils is blended for your specific health needs, used alongside lymphatic drainage massage and pressure point techniques, a truly relaxing experience.

Full body

£10.00

Back

£ 7.50

Relaxation Sessions

£2.00

Choose a crystal, lie back, relax, float off to another world with our guided relaxation sessions. A must for de-stressing.

Spa Sessions

£2.00

Choose from Jacuzzi, Sauna or Steam Bath to relax in peace and tranquillity. We recommend a spa treatment prior to a holistic therapy treatment to enhance the effects of relaxation and healing.

All treatments are subject to availability and student ability level.

Special offers are available for treatment packages and case study treatments, please ask your therapist or enquire at reception for more details.

Tel: Direct Line 01429 283825



